

# Mac and Cheese

**Makes:** 50 servings

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Ingredients	Weight	Measure
Whole grain macaroni	5 lb	
Low fat Milk		1/2 gal
Cream cheese	1 1/2 lb	
Cauliflower heads (untrimmed)		4 heads
Heavy cream		1 pt
Cheddar cheese	1 1/2 lb	
Parmesan cheese	3/4 lb	
Dry mustard		1 1/2 tsp
Nutmeg		1 tsp
Carrots	7 1/2 lb	
Vegetable oil	8 oz	
Honey	2 oz	
Broccoli		5 heads



## Directions

1. To make the pasta: Boil water [6 servings = 3 quarts; 50 servings = 4 gallons], add salt [6 servings = 1 tsp; 50

servings = 2 tbsp]. Cook pasta for 5 minutes or al dente, stirring occasionally. Drain well & rinse.

2. To make cauliflower puree: Trim florets. Bring water to boil [6 servings = enough to steam; 50 servings = 1 qt]. Add cauliflower, cover, cook 8-10 minutes or until tender. Do not drain. Puree until smooth.

3. To make cheese sauce & cauliflower puree: In large stock pot on low heat, add milk, cream cheese and heavy cream; stir until smooth. Add cheddar, Parmesan, nutmeg and dry mustard. Fold in cauliflower puree. Whisk until smooth. Salt & pepper to taste.

4. To make roasted carrots: Peel and trim carrots. Cut into 2-inch pieces. Mix honey into oil. Toss carrots in oil mix; add salt and pepper [6 servings = 0.5 tsp salt, pinch of pepper; 50 servings = 1.5 tsp salt, 1 tsp pepper]. Roast in 300-degree oven for 40 - 50 minutes on a sheet pan.

5. To make broccoli: Trim broccoli. Bring water to a boil [6 servings = water enough to steam; 50 servings = 1 qt.] Add broccoli, cover, cook for 8 - 10 minutes. Drain.

6. Mix pasta, warm cheese sauce, carrots and broccoli - and serve.